



**A Twice-Monthly Newsletter for our Team.**



**NATIONAL SAFETY MONTH**

June is National Safety Month, which was created by and is sponsored by the National Safety Council. Each week, they discuss different aspects of personal safety and how we can keep ourselves – and each other – safe at work and at home.

In this issue, we will reprint two of the articles from the NSC for you. Read on for more information. And remember, let's be careful out there!

### **In This Issue:**

- Workplace impairment. It Can Be More Than Substance Abuse.
- Slips, Trips and Falls
- Dumb Headlines
- Delicious New Recipes, Including Ya Mama's Mashed Potatoes

### **MORE DUMB HEADLINES...**

**'We hate math,' say 4 in 10 — a majority of Americans**

WASHINGTON — People in this country have a love-hate relationship with math, a favorite school subject for some but just a bad memory for many others, especially women.

In an AP-AOL News poll as students head back to school, almost four in 10 adults surveyed said they hated math in school, a widespread disdain that complicates efforts today

### **POLICE REPORT**

**Man arrested for everything**

### **Least Competent Criminal**

An unnamed 29-year-old man in Berlin, Germany, triggered alarms at a supermarket on June 5 when he tried to leave without paying for \$5.65 in merchandise.

The Associated Press reported that police had little trouble apprehending the man because, in his hurry escape, he left his 8-year-old son behind. Not only did the burglar's "accessory" help police identify him, but the thief fell down as he was escaping and ended up in the hospital.



# Fast Facts

Most recent traumatic injury data show:

- 27% of the 888,220 nonfatal work injuries from work in 2019 were related to slips, trips, and falls<sup>1</sup>
- 229,410 injuries due to contact with objects and equipment in 2019 were so severe that they resulted in time away from work.
- Workers under 25 years old have higher rates of occupational injuries treated in emergency departments than other age group
- An estimated 2.4 million workers sustained work-related injuries and were treated in emergency departments during 2019<sup>2</sup>
- In 2019, the rate<sup>4</sup> of emergency department-treated, work-related injuries was estimated at 156 per 10,000 full-time equivalent workers
- The three leading causes of work-related injuries were contact with objects and equipment, over-exertion and bodily reaction, and falls, slips and trips.



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Now what could go wrong here?????



## SLIPS, TRIPS, FALLS: Workplace Hazards

In 2020, 805 workers died in falls and another 211,640 were injured badly enough to require days off of work. 136 workers were killed in falls **on the same level!**

Construction workers are most at risk for fatal falls from height but falls can happen anywhere, even at a "desk job." Remember that you face the same risks at home.

### Falls are 100% Preventable

Whether working from any height, it's important to plan ahead, assess risk and use the right equipment:

- Discuss the task with coworkers and determine what safety equipment is needed.
- Be sure you are trained on how to use the equipment.
- Scan the work area for hazards before starting the job.
- Make sure you set up the equipment on level ground.
- Use the correct tool for the job, and use it as intended.
- Be sure that ladders can be – and are – locked open.

- Remember 3-Point Contact: keep two hands and one foot, or two feet and one hand on the ladder.
- Place the ladder on a solid surface and never lean it against an unstable surface.
- Don't lean or reach while on a ladder, and have someone support the bottom.
- Never use old or damaged equipment; check thoroughly before use.
- Falls are the #1 cause of death for older adults: fall-proof your home.
- Keep floors and surfaces clear of clutter.
- Are you a weekend warrior or do-it-yourselfer? If you take on home improvement or other weekend projects, it's important to be prepared for physical exertion.

## Working at Home

Risky projects, like installing siding, gutters or roofs, are best left to professionals. Saving money isn't worth the risk of a debilitating or fatal fall. At home or at work, many of the same rules apply. When taking on a project:

- Practice all of the ladder safety tips mentioned above.
- Keep the work area clear of hazards and immediately clean up spills.
- Read all instructions and safety precautions on your equipment.
- Don't wear loose clothing that can get caught in equipment.
- Properly arrange furniture to create open pathways.
- Maintain good lighting indoors and out.
- Keep file cabinets and desk drawers closed.
- Keep electrical and phone cords out of traffic areas.
- Install handrails on stairways.
- Wear sensible footwear.
- Never stand on chairs, tables or any surface with wheels.

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## Spicy Thai Cucumber Salad

Makes about 10 servings.

- |     |      |                                   |
|-----|------|-----------------------------------|
| 4   | each | cucumbers, peeled, halved, seeded |
| 4   | tsp  | salt                              |
| 3/4 | cup  | granulated sugar                  |
| 3/4 | cup  | white or wine vinegar             |
| 3   | each | fresh jalapeños, seeded, minced   |
| 1/2 | cup  | cilantro, coarse chopped          |
| 1/2 | cup  | chopped peanuts                   |

- Slice the halved cucumbers in  $\frac{1}{4}$  thick pieces. Place in a colander.
- Toss with salt and let sit for about 20 minutes, then rinse with cold water and pat dry.
- In a bowl, combine the sugar and vinegar; mix until sugar dissolves.
- Add all remaining ingredients but peanuts and toss together.
- Transfer to a salad bar pan or bowl and top with peanuts for garnish (or omit them but they're great in this dish).
- Serve.



# COOL KITCHEN HACKS

Change up that tired, old graham cracker pie crust by simply adding some cocoa powder and a bit of sugar and blending it together. Yum!



## Give Butter an Upgrade:

Best thing since sliced bread? *Flavoured butter*. It's as easy as adding lemon juice and herbs to a softened stick. Mold it into a log shape by laying the softened butter on a sheet of parchment and shaping it. Seal and freeze to use when needed.



## BROWN SUGAR & GARLIC CHICKEN THIGHS

Brown sugar chicken baked in a sweet honey-garlic sauce develops a deliciously browned and crispy skin as it cooks in the oven. For about 12 servings:

- 12 each bone-in, skin-on chicken thighs
- 1/3 cup margarine, divided
- 2 Tbsp garlic, minced
- 1/2 cup brown sugar (packed)
- 2 Tbsp honey
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried basil
- Salt and pepper as needed

Preheat oven to 400F, deep fryer to 350 F

- Season chicken with salt and pepper, set aside.
- In a large skillet, melt half the oleo and add garlic; cook until fragrant and don't brown it.
- Add spices, sugar, honey and remaining oleo. Stir about a minute then remove from heat.
- Deep fry the thighs until they are just brown; remove and drain well.
- Add chicken to the skillet; turn to coat and transfer to a baking pan lined with parchment paper.
- Roast until chicken juices are clear and it reaches an internal temperature of 165F.
- Remove and place in a steamtable pan.
- Pour the juices in with the sauce, mix and then pour over the chicken thighs in the pan. If you like, you can thicken the drippings with a bit of cornstarch.

# CHICKEN TENDERLOIN PARMESAN

Not just another chicken parmesan recipe; this one uses breasts cut into tenderloins and pounded flat. Why? It makes it a nice size for serving and if someone piles 3 of them on the plate, it's still a healthy serving for them.

Serves 12-15

- 1 cup flour
- 1 tsp salt
- 1 1/2 tsp garlic powder
- 1 tsp black pepper
- 1/2 tsp cayenne pepper
- 12 each chicken breast, boneless
- 3 each eggs
- 2 cups Italian breadcrumbs
- 3 cups panko
- 1 cup Parmesan cheese
- 1/2 cup parsley, minced
- 1/4 cup olive oil
  
- 2 packs angel hair pasta
- 1 can pasta sauce (3 cups)
- 1 pack shredded mozzarella

- Prepare the pasta as you normally would, then set aside (we'll reheat it later to put on the serving line). This can be done the day before.
- Put the pasta sauce on to simmer
- Preheat the oven to 400F
- Preheat the fryer to 350F
- Prep a shallow roasting or sheet pan with food spray.



- Set up a breading station:
  - 1 dish or bowl with the beaten eggs;
  - 1 bowl (or food bag) with the flour, half the salt and all of the black pepper;
  - 1 bowl with panko, breadcrumbs, parsley, half of the Parmesan, and the remaining seasonings.
- Prep the chicken by cutting each breast lobe into 2 or 3 pieces depending on the size. If you cut them on a bias you will be able to produce a nice, wide and somewhat thin tenderloin. This way, they don't need to be pounded thin.
- Bread the tenders:
  - Dredge each one through the flour
  - Dip in the eggs (you can add a bit of water)
  - Transfer to panko and press gently to coat well.
- Deep fry the tenders until they float and are done internally to 165F
- Drain well, hold in the fry basket
  
- Coat the bottom of a shallow steamtable pan or two with enough sauce – about 3/4 cup – to coat it entirely.
- Toss the pasta in the remaining sauce, then spread into the steamtable pan that has been prepped with sauce.
- Place the chicken tenders on the pasta, then sprinkle the top with the mozzarella and remaining Parmesan.
- Place in the oven and bake until the cheese is melted and the pasta is hot.
- Remove and garnish with minced parsley.
- Voila'! A delicious and simple Chicken Parmesan!







My wife and I were happy for twenty years. Then we met.

I asked my old man if I could go ice-skating on the lake. He told me, "Wait til it gets warmer."

My father carries around the picture of the kid who came with his wallet.

When I played in the sandbox the cat kept covering me up.

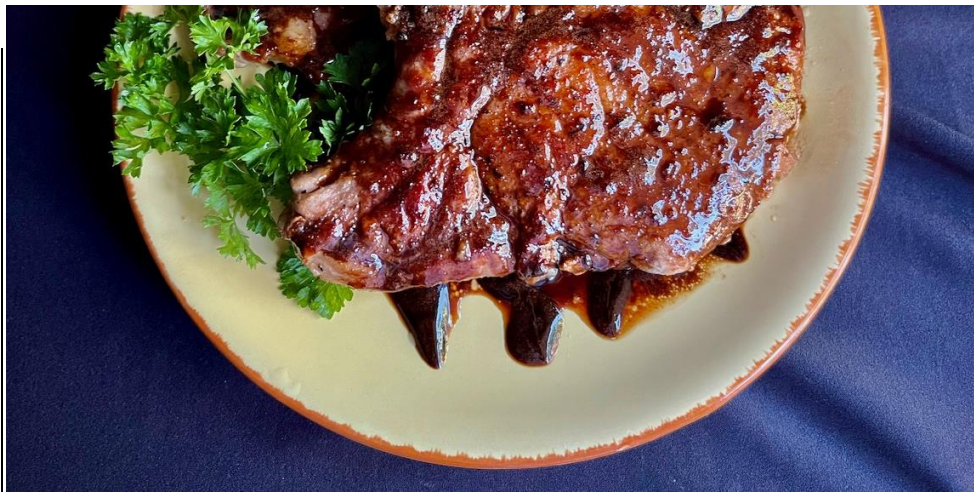
I remember the time I was kidnapped and they sent back a piece of my finger to my father. He said he wanted more proof.

This morning when I put on my underwear I could hear the Fruit of the Loom guys laughing at me.

My wife isn't very bright. The other day she was at the store, and just as she was heading for our car, someone stole it! I said, "Did you see the guy that did it?" She said, "No, but I got the license plate."

Once when I was lost I saw a policeman and asked him to help me find my parents. I said to him, "Do you think we'll ever find them?" He said, "I don't know kid. There are so many places they can hide."

I had a lot of pimples too. One day I fell asleep in a library. I woke up and a blind man was reading my face.



## Balsamic Pork Chops

- 10 each pork chops
- 1/4 cup butter
- 1/4 cup olive oil
- 3 cups chicken broth (stock)
- 3/4 cup balsamic vinegar
- 1/4 cup honey
- Salt and pepper to taste.

- Salt and pepper the chops
- Heat butter and oil together in a large skillet or sauté pan.
- Pan fry the chops and as they brown, remove from the pan and keep warm. Don't overcook the chops; you just want them brown on either side (max temp 145 F).
- As chops are done, put in a shallow pan and keep warm.
- Add chicken broth, vinegar and honey in a saucepan, then add the butter and oil (strain it if it has big brown flecks in it).
- Bring to a boil and cook until the mixture reduces by about half.
- Pour the sauce over the chops and keep warm until serving time.

